

The superstition among sailors in New Bedford called attention to the fact that when the whaling bark

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SOUTH PARIS, . . . MAINE.
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Telephone 70.
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—AND—
Health Resort,
High Street, West Paris.

Large farm three minutes from Post
* Elderly persons tenderly cared
* Invalids and convalescents will
* Ideal conditions and water treat-
* to restore nerves and strength.
* Confinement cases. Health cookery,
* Dairy, vegetables, eggs, fruits; large
* and, all modern conveniences.

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boards, New Brunswick Cedar
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Gable Roofing, Wall Board
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NUMBER OF ALL KINDS
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GOOD SUPPLY OF
Sheet Metal

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For Service.
The imported Guernsey bu
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I am ready for all kinds of work in the line of trucking and general hauling. Look for the white horse.
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Brick house, furnace, modern improvements, hill side location, minutes from post office, two-story building connected, suitable for summer home.

both, with garage convenient.
Apply to C. R. ELDER, 11 Park
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1946

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"Fairfoot took out the heat and swelling almost at once," says Helen Horak. "My feet now feel fine."

Fairfoot brings instant relief. Literally melts away the lump of cartilage that forms the bunion.

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Evenings at 7:00 and 8:35.
Saturday Evening at 8:45.
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Program for Week of Sept. 8.

Mon., Sept. 8, at 7 and 8:35	Tues., Sept. 9, at 7 and 8:35
FEATURE "Her Marriage Vow."	FEATURE "HIGH SPEED."
Comedy—"Dogs of War."	Comedy—"Taxie, Taxie."
ESOP'S FABLES	International News.
Prices 15c and 25c.	Prices 15c and 25c.
Wed., Sept. 10, at 2, 7, 8:35	Thurs., Sept. 11, at 7 and 8:35
FEATURE "THIS FREEDOM."	FEATURE "Unguarded Women."
Comedy—His BITTER Half.	Comedy—"A Tough Winter."
Topics of the Day.	Pathe Review
Mat. 10c and 25c. Evening 15c and 35c	Prices 15c and 25c.
Fri., Sept. 12, at 2, 7 and 8:35	Sat., Sept. 12, at 2, 6:45, 8:30
FEATURE "ROMANCE RANCH."	FEATURE "The Wanters."
Ghost City No. 12.	Fast Steppers No. 3.
International News.	Pathe News.
Mat. 10c and 25c. Evening 15c and 35c.	Mat. 10c and 25c. Evening 15c and 35c.

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No matter where you live, you can now have running water under pressure in your home.

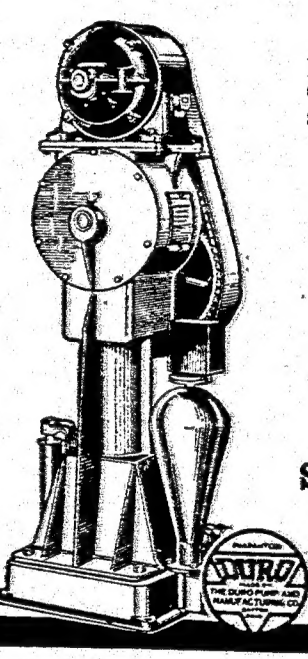
Modern plumbing, including bathroom with hot and cold water, lavatory, shower, toilet and faucets in many convenient places—think what this means to the suburban or farm home.

With the present standards of living these conveniences are a necessity. They make for comfort, health, sanitation and labor-saving. They were formerly to be had only in the city, but now,

DURO Water Systems

"Just Like City Water Service"

will give you all the advantages of city water service. Duro Systems are built in many sizes and styles. They meet the needs of a bungalow or a country club. They are driven either by electric motor or gasoline engine.



A duro system is worth all it costs for fire protection alone. It is easily installed in old or new homes—taking water from deep or shallow well, cistern or spring.

Ask us to point out the many reasons why Duro costs less but is worth more than any other water system you can buy.

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31 x 4	" " " "	20.00
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30 x 3 1-2	Fabric " " " "	11.00
30 x 3	Cord " " " "	11.50
30 x 3	Fabric " " " "	10.00

ALL PRICES CASH

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TO LET.

Rent on Maple Street, South Paris.
35th HENRY FLETCHER.

NOTICE.

Whereas, my wife, Mary A. Slattery, has left my bed and board without just cause, notice is hereby given that I shall pay no bill of her for board after this date.
FRANCIS SLATTERY.
Paris, Aug. 25, 1924.

Homemakers' Column

Correspondence on topics of interest to the ladies is invited. Send to the Editor, Strand Theatre, South Paris, Me.

Fitting the Work to the Woman.

Years ago, when colleges for women were first opened, their program of studies was based on that of colleges for men. There are now many persons who believe this program is a mistake. Today, the matter of programs for housekeeping, many of the preachers of standardization and efficiency methods are much the same kind of copycats, and they frame, for the work done by a woman in her own home, just such joyless and unrealistic rules as those framed by men for their shops and factories. Fortunately, the work of housekeeping is so delightfully intimate and personal a thing—the home and private and individual—that success and pleasure in its performance depend on the methods being fitted to the individual woman, rather than the woman to the methods. The thing about housework wherein it is forever preferable to work in the factory or shop is that the woman may run it to suit herself. She may to a degree that would be impossible in the performance of any other work.

Break all standard rules. Reverse the most approved sequence. Fit her tools to her muscles and strength. Fit her shop to her muscles and strength.

She may break all the standard rules. The rule of the time-savers and motion-savers is that she must do all the sweeping, then do all the floor-wiping, and then do all the dusting, and then do all the cleaning. But if a delicate woman keeps up the sweeping motions through six or eight rooms—or through even two or three—she will likely have a pain in her back, her shoulders and her arms, while if she alternates sweeping with floor-wiping and dusting, one set of muscles will have a chance to rest, and she will be more likely to finish her cleaning without being worn to a frazzle. The dish-washer standard, for a good speed-up, is thirty minutes for six to seven dozen dishes, including glass and silver, and going at the task dilligently, right after the meal. But a nervous woman, or one with a feeble digestion, will get more good from her dinner if she dawdles a little over her dishes and "reading-up." Or a woman with a small family and a sufficiency of china could save time and motions, if she so elected, by arranging to let the dishes lie over, from meal to meal, and have just one bout of dishwashing in the day.

2. She may reverse the most approved sequence. Some women's best and most live hours for work are in the morning. Others do not come to their own vitality and strength until later in the day. Now, the orthodox time for clothes washing is soon after sun-up, the earlier the better. But if a woman feels stronger in the afternoon, or if she wants her morning for work that fits it better, or if she prefers her playtime to come in daylight, rather than after dark, why should not the washing be done at any hour from four in the afternoon until bedtime? Or, instead of having a great washday, why not do a little every day, as a semi-invaluable friend of ours once said, who washes all the towels on one day, all the stockings on another, and so on, and in this way says she "does not feel it?"

3. She may fit her tools to her muscles and strength. Household machinery is not generally favored by women, for not all machines suit all women. There is, for instance, a little vacuum washer on the market, small and inexpensive, that will wash a tubful of clothes in twenty minutes. A woman with strong abdominal muscles cannot choose to use it, but a woman of different build should choose a machine that will call for the exercise of different muscles. Here it may be said that, in general, the machine that works in accordance with the force of gravity—that is, that calls for the downward push, rather than the upward pull, or for the motion that throws the weight from her, rather than draws it towards her, is the easiest to run for any kind of woman.

4. She may fit her shop to her muscles and strength. Most women are agreed that the plumber's common standard for the height of the sink is not right for them. But few are agreed as to what the correct standard should be. Such disagreement is natural, for there is no universal standard. The height depends on that of the woman, since it has been found, by experiment, that the height most convenient for that the height most convenient for the surface is five inches below the waistline of the worker. Similarly, the most convenient height for shelves is not lower than the elbows and not higher than the eyes; the heaviest lifting should not call for a raising of the upper arm, the lowest stooping should not demand a bending of the back to an acute angle.

Have a system in housekeeping, by all means, and have rules for work, and labor-saving appliances, but let all of them be such as suit yourself, and not necessarily such as suit your neighbor. In this way much of your toil will be played, all of it will be interesting, and you can work out your own way as you own will, with the independence of a freed woman. But the woman who is not vigorous and strong must forgo the ambition to run her house on an efficiency schedule, and to do her work according to time saving and motion-saving rules. She must rather go counter to most of these, and think first, last, and all the time, only of strength saving. She must further learn to do that hard, out of all things, to renounce the lust of finishing, and to stop before she feels tired, even if this should be right in the middle of her sweeping, her washing, or her ironing.

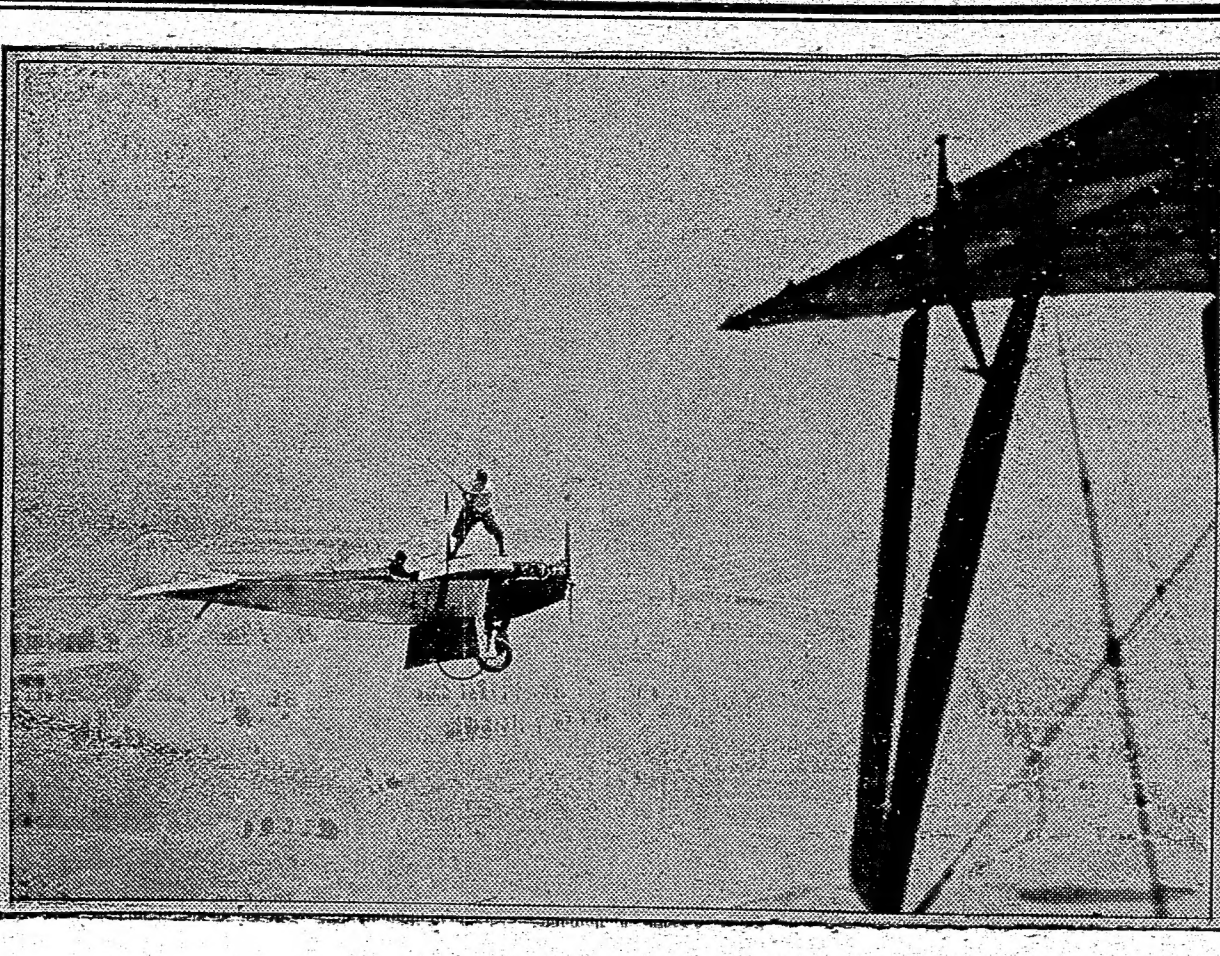
More About Courtesy. We have picked out the following extracts from a handbook of advice to their trainmen and conductors, issued by one of our great railroad companies. "A good railroad man will answer even needless questions in such a manner as to make the passenger feel at ease; and in various ways, which right instinct indicates, he will supply all of the courtesy which is contagious." "Courtesy which is contagious," is excellent psychology. "If he has to deal with persons who are rude, overbearing, or insolent, he should be careful not to imitate them." "Not to be rude to the rude, or insolent to the insolent, but to make to such persons a response of a different kind, this is one of the laws for the survival of the fittest. These counsels may well be taken heart by persons other than railroad men."

Small rubber bands, of varying width and strength, are of the greatest assistance to the neat housewife, and especially so to the traveler in packing a suitcase or trunk. With a single twist of the wrist one secures the lid upon a box, the contents of envelopes, a book of loose papers, a bunch of letters, and even the stopper or cork in a bottle. Small belongings in pasteboard boxes, the real traveler. When it comes to moving all one's household goods the place of string and saving time and work is found both in the packing and unpacking.

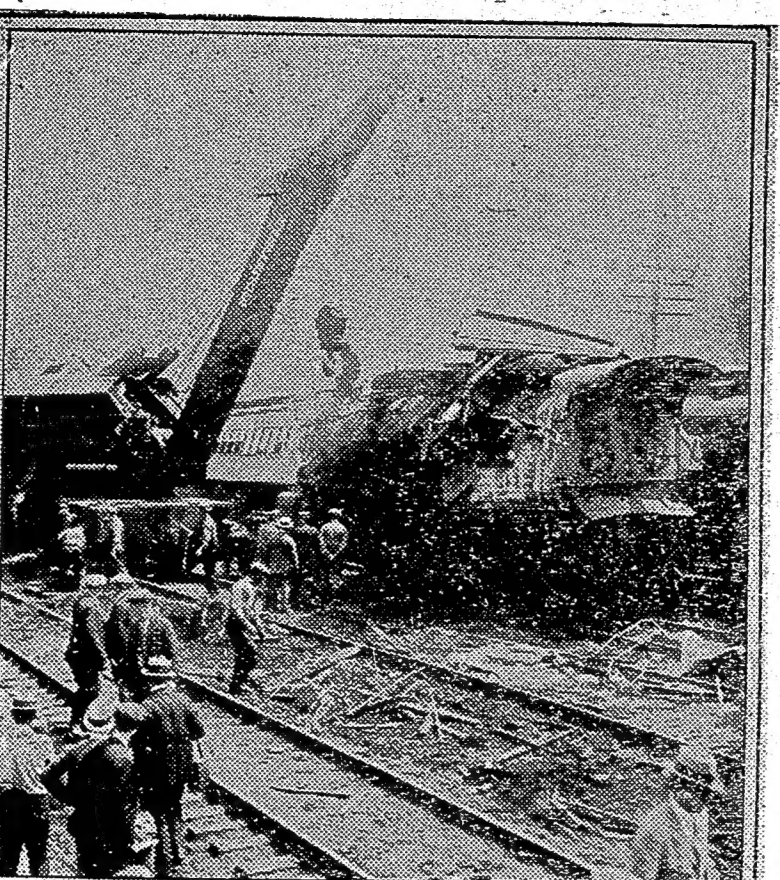
When Preparing Fish for Boiling—When boiling fish in one piece, place the head in a plate before tying the cloth around it—thereby saving much trouble in removing the fish from the kettle and preventing waste and unsightly food caused by the fish adhering to the cloth and breaking into small pieces.

The Dining Table Asbestos Mat—I find that the asbestos mat for my dining-room table is most satisfactory to use in cutting out dresses, etc. The scissors slide along smoothly, and there is no danger of scarring the table.

Over alternate layers of chopped spinach or cabbage and cooked ground meat, macaroni, sprinkle grated cheese and season with salt. Add a cupful of milk and bake in a moderate oven for about twenty minutes.



The First Aerial Golfer Is Al Wilson. The first aerial golfer, the first man to actually drive a ball from the top of a plane's wing is shown here in the person of Al Wilson, the daredevil stunt flier. No one has as yet tried to emulate the daredevil Al in doing the stunts with a golf ball that he does.

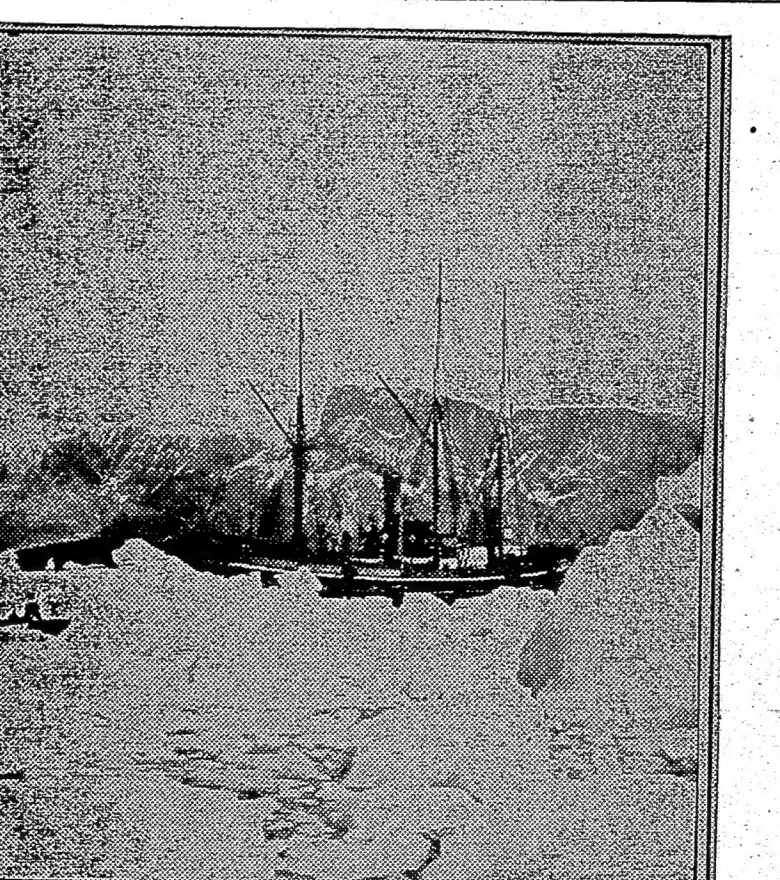


Four Dead, Thirty Hurt in Train Wreck. The entire train on the New Jersey Central, consisting of locomotive and seven cars, was derailed at Cranford and ploughed over the ties for a distance of four city blocks when it hit a motor truck. Four persons are dead, and 30 injured.



Ready for the Winter. Piquant and becoming is a winter time outfit of white shaker, sweater, knitted cap, and white gloves of brushed wool.

Split Bank with Prince. Jules Matheson of Philadelphia with whom the Prince of Wales split the bank in a game of chemin de fer in Paris, each one clearing up \$60,000 francs.



In the Grip of an Ice Pack. The supply steamer "Gertrude Rask" carrying the world's flax supplies, delay of which was the cause of the temporary halt in the flight of the American Army flax. Since the photo was taken the ship has broken free from the ice.

Ceylon's Tea Exports. "Total" exports from Ceylon of both black and green tea during 1923 were \$3,501,022 pounds in 1922. The exports were, however, approximately 6,000,000 pounds below the average for the last ten years. The United Kingdom was by far the leading importer of Ceylon tea, taking 1,210,033 pounds in 1923, against 1,173,922 pounds in the previous year. The United States was the second largest purchaser of Ceylon tea, taking 1,459,928 pounds in 1923, an increase of 750,000 pounds over 1922 imports of Ceylon tea.

Gloves Collected. An American woman of some prominence who is travelling in Europe has started collecting gloves which have been killed by kings. She herself has been presented on several occasions to kings who have placed the royal glove and courtly kiss on her gloved fingers.

From others who have had similar experiences she will "beg, buy or borrow" the gloves for her collection.

The Perfect Home. Lady—"We saw the advertisement about this house being for sale and we've come to see it." Owner—"Yes, madam, but after reading the house agent's description of it, we have decided not to sell."—Passing Show.



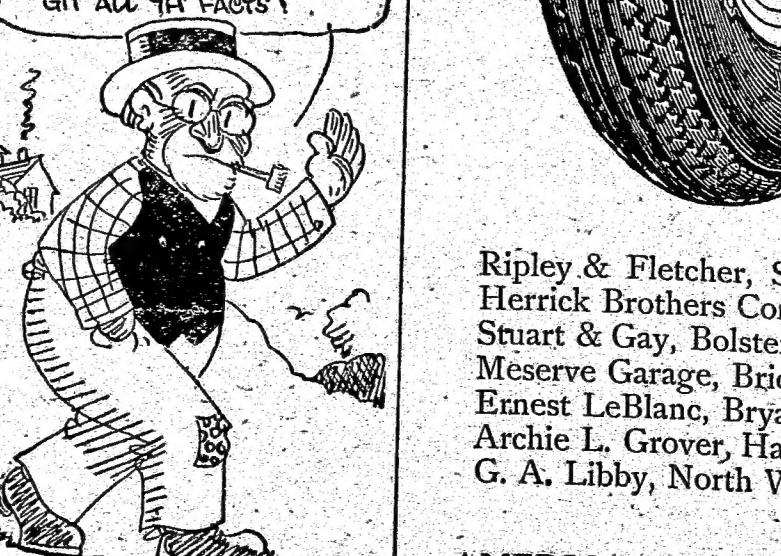
Youngsters Will Sell Beef By Ton. Ninety Boys and Girls to Show Animals at Exposition.

Those who have believed that the only beef available in New England was that imported from the west will have an awakening at the Eastern States Exposition in Springfield, Mass., from Sept. 14 to 20. During Exposition week between 90,000 and 100,000 pounds of home grown baby beef will be shown and sold by Massachusetts and Connecticut boys and girls and the fifth annual baby beef camp, conducted as part of the program on junior activities will be the largest this year in Exposition history.

More than 90 entries of boys and girls and their animals for participation in the baby beef camp have been received already at the Exposition general offices in Worthington street. The growth of baby beef idea in New England can be traced directly to the Eastern States Exposition, and the results have been better than were believed possible by the most sanguine. The first baby beef camp was conducted at the Exposition in 1920 when there were 18 baby beavers shown and sold by boys and girls. In 1921 the number was increased to 63. There were 82 in 1922 and last year 55. The decrease being due to the fact that only native bred calves were eligible for purchase and showing. This year, western stock bought by boys and girls has been admitted, and the result will be the largest camp in Exposition history. There are ten prizes in each class ranging from \$30 for the first award down to \$5 for the 10th position. In addition there are the championships to be awarded with first and second place winners in the four classes eligible for competition. The baby beavers will be judged on Monday, Sept. 15, and will be sold at auction on Tuesday, Sept. 16.

Operates Itself. Operating without human control, halting while minor difficulties are adjusted, and stopping altogether if anything goes seriously wrong, a new electric power station at Seabrook, Vt., embodies astonishing mechanical intelligence, says Popular Science Monthly. The turbine of the plant drives a generator with a capacity of 3,500 horsepower. The only help from human beings is occasional inspection, lubrication and regulation of the governor mechanism. The turbine starts when sufficient water arrives, and shuts down when the flow falls below an efficient limit.

TH' OLE GROUCH. 'TIS HARD ENOUGH BEIN' AN EDITOR 'N' TRYIN' 'T GIT OUT A NEWSY PAPER WITHOUT HAVIN' PEOPLE HOLD UP ON GIVIN' CURT MENS. I'VE SEEN FOLKS WHO AXED LIKE 'THEY RESPECTED 'N' REVERENCED QUESTIONS, WHEN HE WUZ MERELY DOIN' HIS BEST TO GIT ALL 'TH FACTS 'I.



School Shoes!

The time is near when such footwear is needed for the boys and girls to wear to school.

We feel as though our shoes have always proved satisfactory for hard wear and long service and this year we have followed our buying principle. BETTER SHOES FOR LESS MONEY.

Our line of School Shoes has been carefully selected.

Space will not allow us to mention each line separately, but we will say, that we believe that we have the best line of Shoes we have ever had.

For Bargains in Shoes We Have the Best

Visit Our Bargain Basement

Our terms are cash—We sell for less.

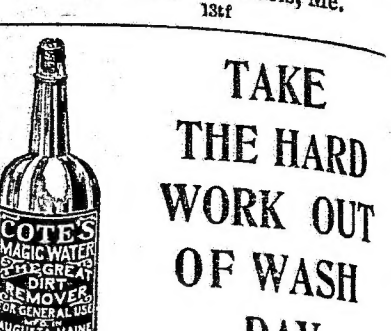
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Farm For Sale.

225 acres, 45 acres smooth, hand-sown fields with 65 tons hay pasture all equipped, large sugar bush, bearing apple trees; 8 room, one story house, barn 40x60 with basement. This is a very attractive farm, can be worked with tractor. Price only \$6500, including building, machine, engine and separator. For sale by

L. A. BROOKS,
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Use Coty's in your Washing water—your clothes will be the cleaner for it and there will be no need for scrubbing. Clothes last longer and look brighter when Coty's does the work. Get it at your Grocers.

TAKE THE HARD WORK OUT OF WASH DAY



Will Lower Taxes Benefit You?

If more taxable property is added to your town and more people come in to help pay taxes, will lower taxes benefit you?
If more payrolls are distributed each week in your town, will some of the money find its way into your treasury?
If more jobs are open, will it help you always to be sure of one?
If new buildings are built, if contractors and artisans are busy, will you get your share?

If not then you don't care WHERE you invest your money.

But if the growth and prosperity of your home town—if lower taxes or more for your tax money—mean anything to you—then you are interested in HOME INVESTING.

And if you ARE—you are interested in Central Maine Power Company 7 per cent. Preferred Stock. It is being sold to raise the capital that can be profitably expended to finance the building of dams and power stations and the extending of lines needed to supply Central Maine territory with light and power.

And more light and power means more factories and homes, more people, more payrolls—ultimately lower taxes.

Do you see where an investment in the 7 per cent. Preferred Stock of Central Maine Power Company is an investment in LOWER TAXES?

The price is \$107.50. The yield is 6 1-2 per cent. net.

A Legal Investment for Maine Savings Banks

Central Maine Power Co.
AUGUSTA, MAINE.

NOW—It's Economy to Trade Your Old Tires For

FULL-SIZE

Firestone

BALLOON GUM-DIPPED CORDS

BECAUSE Balloon Gum-Dipped Cords reduce your repair bills and lower fuel costs, increase tire mileage, car life and the resale value of your car.

These are strong statements but are backed by actual facts. Balloon-equipped test cars and taxicabs have now been driven over 5,300,000 miles, under Firestone supervision and show reduction in fuel consumption, and less delay, because of fewer punctures and quicker starts and stops.

Many leading automobile makers have standardized on these full-size Balloons—pioneers by Firestone and made practical and economical through the special Firestone gum-dipping process.

Over 100,000 motorists are today using and enjoying the satisfaction of genuine, full-size Balloon Gum-Dipped Cords.

In fact, in three months the sales of Firestone Balloon Gum-Dipped Cords increased 500%.

Have your car equipped now for comfort and for the safety of driving this Fall and Winter. Be prepared for mud, frozen ruts, dangerous snow and ice. We can equip your car immediately at the new low prices now in effect.

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Oh! That
Bunio!
How it hurts, throbs
and aches, and aches
What wouldn't you
to get rid of it and e-
to perfect foot wear
Here is instant relief
and get your money's worth

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remedy of aching and aches
stuntly of pain, removes the
cause of the pain, and thus de-
you wear as tight shoes as ever
FREE TRIAL—Get a
box today, if not satisfied, re-
and get your money back

The Foot That Pains Most
Needs FAIRYFOOT Most

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